



Reconditioning Physical Readiness Training Initiative (FY02-2038)

Impact

The Reconditioning Physical Readiness Program, developed by the US Army Physical Fitness School, was implemented at this installation.

Description

The purpose of this initiative was to develop a program for fitness trainers that would enable them to design and implement individualized training programs for Soldiers with lower extremity injuries and profiles of two weeks or more. The goal was to reduce the Soldier's length of time on profile, decrease re-injury from premature return to unrestricted physical training, and to increase unit readiness. Initially, this train-the-trainer program was to be developed in-house using Physical Therapy personnel. However, the program evolved to work collaboratively with the USA Physical Fitness School.

Outcomes

This project was not implemented as expected because of increased operational tempo. However, the issues raised during the planning of this project began a process which eventually resulted in staffing a change to TRADOC Regulation 350-6 (the core regulation of the Initial Entry Training program). This change requires training units to formalize profile physical training programs. As an offshoot of this initiative, a physical training manual for deployed soldiers was developed.

Innovative Features

- Teaching unit personnel that are responsible for fitness training to design individualized reconditioning programs for Soldiers on profile in order to: reduce length of time on profile, decrease re-injury from premature return to unrestricted physical training, and increase unit readiness.
- The 20 hours of instruction included anatomy, fitness principles, and causes and treatments of common musculoskeletal disorders.

Lessons Learned

- Raising awareness about an issue can have very valuable results later on, despite setbacks to a specific initiative.
- Consultation with appropriate Army and DoD subject matter experts, like those at the US Army Center for Health Promotion and Preventive Medicine (USACHPPM) and the Office of the Surgeon General (OTSG), during program planning is essential. Many programs and resources are already available and do not have to be developed from scratch.